

Abstract

Title: **Managing the training process in bodybuilding**

Objectives: This thesis describes the sport of bodybuilding and its training process. It also describes aspects of managing the training process and based on own research determines what impact the training process is applied to changes in the state of training and performance. There is also considering the impact of specific training methods and intensification.

Methods: In the research of this thesis, we used different testing methods. We performed functional tests, anthropometric measurements and biochemical tests. Based on these tests, we studied the effect of training programs for performance in bodybuilding.

Results: We found that the use of specific methods and intensification has a significant influence on the performance of bodybuilding. We also found that effective management of training process has an overall positive effect on performance status in the bodybuilding sport.

Keywords: bodybuilding, training process